

Guided outdoor activities for the 50 plus age group

Lets Change How We Age – It is How We Age That Matters

WALKING IN AND AROUND SURREY

GO50 WALKS PROGRAMME October – December 2025

The GO50 programme aims to introduce people in the 50+ age group to a healthier lifestyle.

Live Longer Better by Walking with others, socialising as you exercise, adds significantly to the beneficial effects. Regular exercise can: improve balance and flexibility / lower blood pressure / defend against heart disease, stroke and type 2 diabetes / help maintain cognitive function / reduce depression and anxiety.

If you have often thought about going for a walk but had no one to go with, then this could be for you! There'll always be someone at the starting point to greet you and lead the walk, and there is no need to book, just turn up! The lengths of the walks range from about 3½ miles to 8 miles; the distance of each is clearly indicated on the programme. If you are in any doubt about your fitness, we strongly suggest that you try a shorter walk first. Don't forget to bring water and some snacks/food.

GO50 is a self-funded programme of Age UK Surrey.

A voluntary suggested donation of £3.00 per walk would be very welcome.

Donations go directly towards maintaining the GO50 walks programme.

GO50 walks are led by experienced volunteers who will meet you at the start and lead the way.

Tips for first-time GO50 participants:

- Please arrive 15 minutes early to register with us
- Please wear walking boots or other suitable footwear.
- Bring a drink and a snack.
- Please do not bring any children or dogs.
- Please be aware of your own fitness levels and, if in doubt, consult your doctor first.
- Participants take part entirely at their own risk.
- GO50 and Age UK Surrey cannot accept liability for injuries or losses during any activity.
- Walkers are required to register their participation in GO50 walks on their first attendance and the walk leader will take their brief details.
- As a walking registrant you will be kept informed of the GO50 programme.
- Use pub car parks only if you intend to use the pub afterwards.
- Postcodes given are nearest available to the start and may not correspond to the exact starting point.
- We recommend that all participants carry personal identification and emergency contact details with them in case of accident or emergency.
- GO50 Health Walks are shorter walks more accessible to beginners.
- All other GO50 Walks are suitable for more experienced walkers.

In the event of extreme weather, phone Enquiries on 01483 503414 or check the Website : <https://www.ageuk.org.uk/surrey/activities-and-events/go50/>

Walk Leaders reserve the right to cancel or amend an activity if they feel that it is unsafe to proceed or other considerations.

Please consider the distance and description of the walk and be aware of your health and fitness - if you require assistance with walking, please contact GO50 prior to attending.

What3words coordinates

What3words is a geocode system via a free App (available from App Store *what3words*: Navigation & Maps and click GET) designed to identify any location within about 3 metres using 3 unique words. It is used widely by the emergency services <https://what3words.com>

GO50 HEALTH WALKS

Our health walks are ideal for people who would like to improve their health by increasing their physical activity levels. Participants are encouraged to walk at a pace that suits them. The walks are free (donations welcome) and no booking is required.

EVERY THURSDAY: ST JOHNS CENTRE 222 Epsom Road, Merrow, Guildford GU4 7AA

10am – 11am – meet with walk leader at 9.45 am for a 10.00 am start
Walk lasts for 1 hour and are Led by experienced walk leaders.

GO50 WALKS

WEDNESDAY OCTOBER 1 CS03 ELSTEAD

Distance: About 7 miles
Meet: Elstead Village Hall in Thursley Road, near church. On-street parking opposite.
SU 904 434 / GU8 6DG / earpiece.extremely.trading
Start: 10.30 Leader: CLIVE Lunch: Bring a picnic
Rodsall Manor, Puttenham Common and Cutmill.

THURSDAY OCTOBER 9 CS17 EWHURST

Distance: About 6¼ miles
Meet: Free sports field car park at the end of Broomers Lane off The Street in Ewhurst.
TQ 090 401 / GU6 7RD / according.memo.digress
Start: 10.30 Leader: CLIVE Lunch: Bring a picnic
Pitch Hill, Duke of Kent School.

TUESDAY OCTOBER 14**SS10 BLETCHINGLEY, NUTFIELD**

Distance: About 7 miles: options to shorten if required

Meet: Car park behind Bletchingley Village Hall & Lawrence's Auction Rooms

TQ 325 508 / RH1 4PA / [hardly.bonds.each](#)

Start: 10:30 Leader: STEVE

Lunch: Options for tea, coffee and a snack in Nutfield, alternatively various places in the village and nearby Godstone.

Circular walk heading west to Nutfield then looping back from the south to Bletchingley.

WEDNESDAY OCTOBER 15**CS24 THURSLEY**

Distance: About 7 miles

Meet: The recreation ground free parking area beside Dye House Road.

SU 899 398 / GU8 6QA / [luxury.bordering.treat](#)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Emley Farm; ascent of Rutton Hill; Gibbet Hill; Hindhead; Highcombe.

WEDNESDAY OCTOBER 15**RH32 RYKAS, BOX HILL**

Distance: 4 miles

Meet: Free car park at Ryka's Café by Burford Bridge A24 roundabout.

TQ 171 521 / RH5 6BY / [stared.belly.fairly](#)

Start time: 10.15 for 10.30 Leader: ROSEMARY

A varied walk up the back of Box Hill, taking in the Broadwood Tower and the viewpoint south. Gentle descent.

MONDAY OCTOBER 20**GG01 LIMPSFIELD CHART**

Distance: 6 miles

Meet: Carpenters Arms, Tally Road, Limpsfield Chart.

TQ 425 518 / RH8 0TG / [famous.entertainer.rank](#)

From A25 Oxted turn right after traffic lights onto Kent Hatch Road, B269; follow for approx. 1 mile and turn left into Tally Road. Parking in road along by the pub.

Meet: 9:45 for 10am start Leader: GRANT

Lunch: Optional drink or pub lunch at Carpenters Arms

A gentle undulating walk through ancient woodland and open fields with views out towards the North Downs.

TUESDAY OCTOBER 21**ES18 CHOBHAM COMMON**

Distance 4¾ miles

Meeting place: Chobham Common Roundabout car park at junction of B386 and B383

SU 965 648 / no postcode / [needed.lance.shin](#)

Start time 10.15 for 10.30 Leader: ERYL

Lunch: optional after the walk

An undulating walk over Chobham Common, fields and a pond and with a fine view from Tank Hill.

THURSDAY OCTOBER 23**CS13 LEATHERHEAD**

Distance: About 6¾ miles

Meet: Young Street free car park, off A246, just below railway bridge.

TQ 163 551 / KT22 9BS / foil.force.songs

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Mickleham Downs, Cherkley Wood, Mole Gap Trail.

WEDNESDAY OCTOBER 29**CS08 GRAYSWOOD**

Distance: About 6¾ miles, hilly

Meet: Top side of green at junction of Lower Road and The Mount; on-street parking

SU 917 346 / GU27 2DN / beard.ghosts.helping

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Ascend to the Temple of the Four Winds site; Gibbet Hill, Polecat Valley.

MONDAY NOVEMBER 3**GG29 TITSEY ESTATE**

Distance: 6 miles

Meet: 25 Gresham Road, Oxted.

TQ 396 530 / RH8 0BU / hugs.marble.edge

From the A25 turn into Oxted and turn off the high street into Gresham Road. Parking is allowed in the road after 9am. Park as close as possible to No.25.

Meet: 9:45 for 10am start Leader: GRANT

Lunch: Optional coffee or lunch from a choice of cafés and restaurants in Oxted high street.

A circular walk, which starts from Oxted before heading out across the M25 into Titsey Foundation.

TUESDAY NOVEMBER 4**CSam20 AROUND ST MARTHA'S HILL**

Distance: 4½ miles

Meet: St Martha's Hill car park off Halfpenny Lane.

TQ 022 484 / GU4 8PZ / trunk.forces.deflection

Start: 10.30 Leader: CLIVE Back around 1pm

A morning walk via Chilworth vineyard/Gunpowder Trail, and Colyers Hanger.

THURSDAY NOVEMBER 6**CS15 OCKLEY**

Distance: About 6 miles

Meet: Cricket pavilion in School Lane off A29, at the south end of the playing fields.

Free parking.

TQ 145 398 / RH5 5TS / event.fractions.lavender

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Vann Lake Nature Reserve, Holbrook, Osbrooks and Knoll Farms.

WEDNESDAY NOVEMBER 12**CS39 DENBIES AND DEEPDENE**

Distance: About 6 miles

Meet: Entrance to main building, Denbies Wine Estate, off A24 (London Road), Dorking

TQ 166 511 / RH5 6AA / porch.leap.free

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Betchworth Park, Deepdene Terrace, Dorking town, Vineyards.

WEDNESDAY NOVEMBER 12**RH34 WOTTON HATCH**

Distance: 4 miles

Meet: car park behind the Wotton Hatch pub on A25, 2 miles west of Dorking. Take care turning into LHS of the pub.

TQ 126 476 / RH5 6QQ / sooner.papers.sleeps

Start time: 10.15 for 10.30 Leader: ROSEMARY

Walk to Friday Street and Broadmoor, following the water.

MONDAY NOVEMBER 17**GG06 CROCKHAM HILL AND CHARTWELL**

Distance: 6 miles

Meet: Carpenters Arms, Tally Road, Limpsfield Chart.

TQ 425 518 / RH8 0TG / famous.entertainer.rank

From A25 Oxted turn right after traffic lights onto Kent Hatch Road, B269; follow for approx. 1 mile and turn left into Tally Road. Parking in road along by the pub.

Meet: 9.45 for 10am start Leader: GRANT

Lunch: Optional drink or pub lunch at Carpenters Arms

A circular undulating walk: We will take in Crockham Hill before turning towards Chartwell (Winston Churchill's home) where we can stop for a coffee. We will then head back through the woodland area of Limpsfield Chart.

TUESDAY NOVEMBER 18**ES21 WHITMOOR COMMON**

Distance: 4 miles

Meeting place: public car park next to The Jolly Farmer on Burdenshot Road.

SU 987 542 / GU3 3RN / sector.slam.thinks

Start Time: 10.15 for 10.30 Leader: ERYL

Lunch: optional after the walk

A lovely walk exploring the peaceful areas of Whitmoor and Rickford Commons.

THURSDAY NOVEMBER 20**CS47 RODBOROUGH COMMON**

Distance: About 7½ miles

Meet: Rodborough Common free car park off A3 southbound link road.

SU 937 418 / GU8 5BJ / sunbeam.treetop.weaved

At Mazda showroom traffic lights on A283, keep ahead towards Portsmouth, Petersfield (A3). After 350 yds just beyond end of 40 mph, turn R at Rodborough Common welcome board. Go through tunnel under A3 to car park.

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Across Rodborough, Thursley, Ockley, Elstead and Bagmoor Commons.

https://www.getsurrey.co.uk/news/surrey-news/surrey-walking-route-ending-award-30256808?int_source=nba

TUESDAY NOVEMBER 25**SS01 OUTWOOD**

Distance: About 6 miles

Meet: Outwood Common car park, off Outwood Lane.

TQ 325 456 / RH1 5PW / slot.voice.gold

Start: 10.30 Leader: STEVE

Lunch: Optional at The Bell in Outwood

A clockwise circuit heading north towards Bletchingley on a section of the Tandridge Border Path and back.

WEDNESDAY NOVEMBER 26

CS25 TILFORD

Distance: About 6¼ miles

Meet: The Barley Mow, Tilford.

SU 873 434 / GU10 2BU / bookshop.upward.lookout

Riverside car park, or on-street around the Green

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Pierrepont Farm, Bourne Wood.

MONDAY DECEMBER 1

GG05 MOORHOUSE SANDPITS AND WOODS

Distance: 5 miles

Meet: Car park at Limpsfield Chart Golf Club.

TQ 411 527 / RH8 0SL / unable.fields.shut

Turn off the A25 Westerham Rd into Grub Street where the public car park is located.

Meet: 10.00 for 10.15 start Leader: GRANT

Lunch: Optional drink or lunch at the Botley Hill Farmhouse

Our undulating walk takes in the Moorhouse Sandpits and Moorhouse woods before heading back through Limpsfield Common.

TUESDAY DECEMBER 2

CSam13 MICKLEHAM

Distance: 3¾ miles, with optional 1¼ mile extension at end.

Meet: Mickleham church, by lych gate.

TQ 170 534 / RH5 6DU / hips.gender.game

On-street parking in Old London Rd above Running Horses pub.

Start: 10.30 Leader: CLIVE

A morning walk along The Gallops, and through Cherkley Wood.

NB: there is ascent at the start.

TUESDAY DECEMBER 9

SS07 BOX HILL

Distance: About 5¾ miles

Meet: National Trust pay and display car park (free to NT members), at top of Box Hill.
(Look out for Steve's grey VW camper van).

TQ 179 513 / KT20 7LB / goals.crew.hears

Start: 10:30 Leader: STEVE

Lunch: Bring your own or National Trust visitor centre.

A clockwise route taking in Juniper Wood, High Ashurst & Box Hill Country Park.

WEDNESDAY DECEMBER 10

CS49 HASCOMBE

Distance: About 6¼ miles

Meet: The White Horse, The Street (B2130), Hascombe.

TQ 001 394 / GU8 4JA / invented.songbirds.canoe

Parking opposite (or in Old Rectory car park 400 yds south if insufficient space –
puts.lunching.gourmet)

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Through Winkworth Arboretum on public footpath, Thorncombe Street, Greensand Way.

WEDNESDAY DECEMBER 10**RH04 DENBIES**

Distance: 4 miles

Meet: Denbies Vineyard car park on LHS. Take A25 North of Dorking and then follow signs to Denbies from small roundabout.

RH5 6AA / combining.sushi.lofts

Start time: 10.15 for 10.30. Leader: ROSEMARY

MONDAY DECEMBER 15**GG11 MYSTERY WALK TO FIND THE CHRISTMAS TREE**

Distance: 6 miles

Meet: Carpenters Arms, Tally Road, Limpsfield Chart.

TQ 425 518 / RH8 0TG / famous.entertainer.rank

From A25 Oxted turn right after traffic lights onto Kent Hatch Road, B269; follow for approx. 1 mile and turn left into Tally Road. Parking in road along by the pub.

Meet: 9.45 for 10am start Leader: GRANT

Lunch: Optional Christmas drink or pub lunch at Carpenters Arms

A mystery walk across Limpsfield Chart to find the hidden Christmas tree (take your bauble to hang on the tree).

TUESDAY DECEMBER 16**ES22 HORSELL COMMON AND GOLDSWORTH PARK LAKE**

Distance: 4½ miles

Meeting place: Goldsworth Park Recreation Ground car park, off Wishbone Way.

SU 981 592 / nearby postcode GU21 3RT (NB: NOT the Waitrose car park) /

trap.larger.left

Start time: 10.15 for 1030 Leader: ERYL

Lunch: optional afterwards

A walk across the less well known areas of Horsell Common to Deep Pool and back around Goldsworth Park Lake.

THURSDAY DECEMBER 18**CS02 BLACKHEATH**

Distance: About 7 miles

Meet: Free car park off Littleford Lane, 700 yds south of Blackheath crossroads, or park on verge opposite.

TQ 035 457 / GU4 8QZ / inspects.guardian.polygraph

Start: 10.30 Leader: CLIVE Lunch: Bring a picnic

Chinthurst Hill; Great Tangle; Chilworth Manor vineyard; River Tillingbourne.

TUESDAY DECEMBER 30**CSam26 ALBURY HEATH**

Distance: 4 miles

Meet: Albury Sports Ground car park (free) off New Road, 1 mile south of A25 Silent Pool.

TQ 059 470 / GU5 9DA / fire.export.translated

Start: 10.30 Leader: CLIVE Back by 1pm

A morning walk via Brook and Blackheath Forest.

For further information about the GO50 programme or if you are interested in becoming a volunteer activity leader, phone 01483

503414 or email: GO50: go50@ageuksurrey.org.uk

or visit our website at:

<https://www.ageuk.org.uk/surrey/activities-and-events/go50/>